

A CONCEPTUAL STUDY ON MUKHPAKA AND ITS MANAGEMENT IN AYURVEDA

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ABSTRACT

Mukha (Mouth or oral cavity) is one of the important part of our body. Digestive system starts from *mukha* so it is important to maintain proper oral hygiene for our overall health status. *Mukhapaka* can be correlated with stomatitis or mouth ulcers as per modern science. It is the most common disease of oral cavity and can occur anywhere in the mouth, including the inside of the cheeks, gums, lips, palate and tongue. Stomatitis is considered as one of the prevalent oral disease worldwide characterized by redness, ulceration in oral cavity with burning sensation, salivation & pain. Though, it may seem like a minor problem but it inhibits the daily activities. Stomatitis occurs due to hot, spicy and greasy foods, smoking, tobacco chewing, several drugs, infections, Vitamin B12 deficiency etc. Ayurveda has described four types of *Mukhapaka*: *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja*. Different types of *Mukhapaka* have different types of symptoms. The aim of the present study is to review a conceptual study on the disease *Mukhapaka* according to ayurveda.

KEYWORDS: *Mukhapaka*, Stomatitis.

INTRODUCTION

"*Mukha*" as an organ which comprises *oshtha* (lips), *dantamoola* (gums), *danta* (teeth), *jihva* (tongue), *talv* (palate), *gala* (throat). According to *Acharya Sushruta* there are 65 *mukhroga* which occur at seven locations such as lips, teeth, tongue, palate, throat & oral cavity & and out of them 8 occurs in lips, 15 in gums, 8 in teeth, 3 in tongue, 9 in palate, 17 in throat and 3 in entire mouth as described in *uttartantra*. *Mukhapaka* consists of two words, one is *mukha* (mouth) & other is *paka* (inflammation & ulceration in oral mucosa). In *Ayurvedic* texts *mukhapaka* is described as *sarvasara roga* due to its spread in all over the oral cavity and characterized in *Ayurveda* as the *paka-avastha* of oral mucosa & produces ulcers in oral cavity. *Pitta dosha*, *rakta* & *mamsa* are the main *dushya* in *Mukhpak*. *Acharya Charaka* has described it as *pittaja nanatmaja vikara*, which means disease produced by only *pitta dosha*. *Mukhapaka* can be correlated with stomatitis and inflammation, ulceration & pain are the main features of this disease. It affects the mucous membrane of mouth & lips, with or without ulceration. Commonest causes includes infection, nutritional deficiencies, allergic reactions, stress, hormonal influence & radiotherapy etc. It is characterized by small vesicles on the oral or pharyngeal mucosa which ulcerates with sloughy base & hyperemia. The lesion is extremely painful & may last for few days or weeks.

AIM

A conceptual study on *Mukhapaka* and its management in *Ayurveda*.

OBJECTIVES

- To study the *Mukhapaka Vyadhi* according to *Ayurveda*.
- To study the *chikitsa* of *mukhpaka* in *Ayurveda* classics.

Ayurvedic litreture of mukhpaka

Mukhapaka (Stomatitis) is the disease that spreads throughout the mouth. It is the inflammation of mucous membrane of lips, tongue, and cheek. It is common problems faced by all persons. According to *Acharya Charaka*, *Mukhapaka* is mentioned under 40 *Pittaja Nanatmaja Vikara*.

Nidana of mukhpaka- The general etiological factors of *mukhroga* are- excessive intake of meat of anoop animal e.g. fish, pig, buffalo etc tender raddish, soup of *masha*, *dadhi*, *sukta*, *phanita*, sugarcane juice, to sleep in prone position or head low position in bed, avoiding beneficial therapies like brushing, fumigation, *kavala*, *gandoosha*, blood letting etc heavy consumption of *Pitta prakopaka ahar* like spicy, oily food, tobacco chewing, smoking, alcohol consumption, fast food etc. and also *pitta prakopaka vihar* like late night sleeping, improper timing

of meals, lack of exercise etc are the most important causative factors of *Mukhpaka*.

Samprapti- *Kapha* is the main *Dosha* in *Mukharogas*, Because of specified etiological factors, dominant *Kapha Dosha* along with other *Doshas* are aggravated and produces *Mukharogas*. *Mukha* is the *Sthana* of *Bodhaka Kapha*. Hence, the etiological factors of *Mukharogas* do the *Vikriti* of *Bodhaka Kapha*. *Madhura* and *Amla Rasa* are the main etiological factors that do the *Vikriti* of *Bodhaka Kapha*. Due to the above etiological factors, chiefly *Kapha Pradhana Prakupita Doshas* results in *Mukharogas*.

Types of mukhpaka

Dalhana in his commentary on *Sushruta Samhita*, mentions *Mukhapaka* as a *Pittaja Vikara* but According to *Acharya Sushruta*, *Sarvasara Mukharogas (Mukhapaka)* is of four types i.e., *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja Mukhapaka*. *Acharya Vagbhatta* has mentioned eight types of *Mukhapaka* i.e., *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Sannipataja*, *Urdhavaduga*, *Pootyasyata* and *Arbuda*.

- 1. Vataja mukhapaka:** The vitiated *Vata Dosha* causes *Ruksha Vrana* (rough ulcer), *Aruna Varna* (redness), *Tamra Aushtha* (redness in lips), *Sheetasha*, *Guru*, *Sphutita*, *Kantakachita Jihwa* (heavy, broken, thorny tongue), *Vivranoti Krichha Mukha* (difficulty in opening of mouth).
- 2. Pittaja mukhapaka:** Entire oral cavity is studded red or yellow colour slender eruptions with *Daha* (burning sensation), *Ausha* (pain), *Rakta-Peeta Vrana* (red-yellow ulcer), *Tikta Vaktrata* (pungent mouth), *Ksharokshitakshatasma Vrana (Vrana felt like Kshara)*.
- 3. Kaphaja mukhapaka:** The entire mouth is studded with mildly painful blisters having colour similar to that of mouth/ oral cavity. Having symptoms of *Madhurasya* (sweetness in mouth), *Kandu* (itching), *Pichchhila Vrana* (sticky ulcer).
- 4. Raktaja mukhapaka:** Symptoms resemble *Pittaja mukhpaka*.
- 5. Sannipatik mukhapaka:** Symptoms of all three doshas are observed in *mukhpaka* due to *rakta & tridosha* vitiation.
- 6. Mukha arbuda-** Due to vitiated and localized *kapha* precipitates such an *arbuda* of bluish and whitish in colour which recurs inspite of scraping, excising or squeezing on the inner side of the cheek.
- 7. Pootasyata-** Due to improper oral hygiene *vata & other dosha* getting vitiated and generate foul smell in mouth.
- 8. Urdhvagud-** Due to *apana vayu* deviates its route, moves upwards and emits foul smell from mouth.

Samanya chikitsa of mukha rogas

In *Mukharogas*, mainly *Kapha and Rakta Dushti* occurs, so *Raktamokshana* is the main *Chikitsa*, *Koshthashuddhi* by *Virechana*, *Kavalagraha*, *Gandusha*, *Nasya*, *Shirovirechana*, *Pratisarana*, *Dhooma*, *Agni karma*,

Ksharakarma are also helpful in *Mukharogas*. *Acharya Charaka* has told *Pradhamana Nasya*, *Vamana*, *Virechana*, *Lekhana* and *Vata-Pitta- Kapha Shamaka Ahara* and *Dravyas*. Fast relief of recurrent *mukhpaka* is acquired if *shodhana* of entire body is performed along with *siravedha*. *Haridradi taila*, *khadiradi gutika*, *Jatipatra Gandusha*, *Patoladi Kwatha*, *Tiladi Gandusha*, *Irimedadi Taila* are the main *yoga* gives significant relief. *Ayurvedic* medicines are reliable, costeffective, and very much helpful to break pathogenesis with relief of signs and symptoms and further preventing the complications related to the disease.

Mukhadhavana- Mouth washing is performed with decoction of *tikta*, *katu*, *kashaya ras pradhan dravyas* like *patha*, *mrudivka*, *triphala*, *sariva*, *rasna*, *patola*, *nimba*, *jambu*, *amra*, *malti*, *leaves of jati*, *palash* etc.

Charwana- many classical text explain about the chewing in also helps to cure *mukhpaka*. Frequent chewing of *krishnajeeraka*, *kushtha*, *indrajiva* relieves *mukhpaka*, *triphala*, *patha*, *dried grapes* and *tender leaves of jatia* also gives significant results in any kind of *mukhpaka*. *Madyantika* leaves are indicate in *pitta dosha pradhan mukhpaka*, *sursa* leaves are indicates in *kapha dosha pradhan mukhpaka*.

Pratisarana- Application of different form of drugs i.e., *Churna*, *Bhasma* etc. inside the mouth with the help of a fingertip is called as *Pratisarana*. *powder of pippali*, *saindhava ela* or *panchalavana* are used for *pratisarana* in *vataja & maricha*, *yavakshara*, *saindhava* should be used in *kaphaja mukhpaka*.

Kavala/ gandoosh- *Kavala* and *Gandusha* are the procedures of gargling with the medicinal liquids either *Kwatha*, *Taila*, *Ghrita*, *Madhu* etc. These are kept in the mouth for a period of a *Dharana Kala* which is 5- 10 min. Basic difference between *Kavala* and *Gandusha* is former is that quantity of drug which can be easily moved in the mouth and if it is taken in such a quantity that it cannot be moved in the mouth rather, it is hold in the mouth is called as *Gandusha*. depending upon the vitiation of *dosha*, hot or cool potency should be used for *kavala or gandoosh*. Oil or *kwatha* prepared with *yashtimadhu*, *patha*, *panchvalkala*, *haridra*, *shunthi*, *dashmoola*, *kakoli*, *rasna* should be used in *vataja mukhpaka*, milk. Sugarcane juice, grape juice or water added with sugar should be used for *gandoosh or kavala* in *pittaja or raktaja mukhpaka*. In *kaphaja mukhpaka* ash of *mushkak*, *palash*, *amalaki* are triturated in urine of cow or oil should be used.

Raktamokshan- *sarvasara mukharoga* are predominantly caused due to vitiation of *kapha* and *rakta*. Hence *rakta mokshan /siravedha* should be repeatedly and quickly performed to eliminate vitiated blood.

Samanya pathya of mukharogas

Generally, in *Mukharogas*, *Trinadhanya*, *Yava*, *Mudga*, *Kulaththa*, *Jangala Mamsa Rasa*, *Karvellaka*, *Parvala*, *Komal Muli*, *Tambula*, *Tikta* and *Katu Rasa* are all *Pathya* of *Mukharogas*. Specially, *Kapha* and *Rakta Shodhaka Ahara* is useful in *Mukharogas*. Therapeutic procedures like *Swedana*, *Virechana*, *Vamana*, *Gandusha*, *Pratisarana*, *Kavala*, *Raktamokshana*, *Nasya*, *Dhumapana*, *Shashtra* and *Agnikarma*.

Samanya apathya of mukharogas

Amla Rasa Dravyas, *Abhishyandi Ahara*, *Matsya*, *Dadhi*, *Kshira*, *Guda*, *Masha*, *jaggary*, *Ruksh food items*, *hard tooth brush*, *guru and abhishyandi food items*, *sleeping in daytime*, *sleeping in prone position*, etc.

DISCUSSION

Oral hygiene is very important for everybody's health. *Mukhapaka* (Stomatitis) is the disease that spreads throughout the mouth. It is the inflammation of mucous membrane of lips, tongue, and cheek. It is common problems faced by all persons. Though, it may seem like a minor problem but it inhibits the daily activities. In present era, world is looking at *Ayurveda* for its valuable contribution in the treatment of any ailment. There are several procedures mentioned in *Ayurvedic classics* to eradicate *Mukharogas* i.e., *Kavala*, *Gandusha*, *Pratisarana*, *Dhoompana* etc. cavity. The diseases of mouth are generally caused predominantly by *kapha* and *rakta* hence *raktavisravava*, *kayashirovirechana*, *vamana*, *kaval* & *gandush* with *katu tikta rasa dravyas* and *kapha raktahara* treatment is beneficial.

CONCLUSION

This review was done to bring to light the conceptual study of *mukhapaka vyadhi* in all the *ayurveda* texts and their treatment protocols. We found that only minimal studies were published in indexed journals like *PubMed*, *Scopus* and *Ayush Portal*. Limited available literary works and lack of research were the main shortcomings. Apart from *mukhapaka*, we looked into related studies with other *mukharogas* with modern correlation. Studies signal that progression and occurrence of any type of *mukhapaka* can greatly reduced by *ayurvedic treatment* explains by our acharyas. Hence, the line of *treatment should be Pittashamaka*, *Shothahara*, *Vedanasthapana*, *Vranashodhana*, *Vranaropana*, *Rakta Prasadana* and *Mamsa Dhatu Pushti Kara*. Therefore, *ayurvedic management* plays a crucial role in the management of *Mukhapaka*. The simple cost-effective, easily available mode of treatment can reduce the use of antibiotics and other suppressants. Further studies are needed to prove the efficacy of *ayurvedic aushadies* and procedures and establish the evidencebased practice.

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